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WEDNESDAY, FEBRUARY 1, 2012

COMBUSTION COLLEGE, INTERVIEW, ONE

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43RD YEAR - NO. 3

Here's how to avoid a parking ticket

By **BRADLEY SPIN**

You're arriving at Dorn again, and you find that you're disappointed, your parking pass "What do you do?"

"Be persistent," said Shannon Curry, security representative at Combustion College. "Come into the office. Tell us."

Parking tickets are issued by City of Kelowna bylaw enforcement officers who come here on an almost daily basis. The current fine is \$25. If you do not timely comply with the bylaw, they cannot cancel any tickets. Bylaw enforcement will not cancel them either.

"I think the best chance is to take it to court," said Curry.

A sign at the Dorn campus security office says, "We will not tolerate any City of Kelowna bylaw."

"City of Kelowna bylaw enforcement issues 75,000 tickets per day," said Curry.

According to Pam Phillips, the supervisor of enforcement for the City of Kelowna, the parking permit "must be clearly displayed on the reverse side."

If you don't want to get into court for illegal parking, contact the Dorn campus security office and tell them your prob-

lem, where your car is located and what your license plate number is.

"If you purchased a parking pass but did not bring it that day, you can call the security office," said Curry. "We'll come by that you do have a valid permit and get you on our 'do not park' list. If you are on the list, security can cancel the ticket."

Even if you do not see a ticket when you own, if you purchased a parking permit, you can use the permit to the other side vehicle. However, if you forget to switch your permit, the security team will cancel it for a ticket.

The same applies to the Waterloo and Okanagan campuses, except that you should notify the campus administration, not security.

If you are bringing a car to the campus on a one-time basis and don't have a parking permit, you can park at lot 11 all day for \$5.

If you are here the last time on a bus, there is a parking lot 11 and 12. It is, however, \$4 per hour, so if you are likely to be more than on a bus, lot 11 should be considered.

Although some people say,



Photo by Bradley Spin

Students tend to drive after 11:00 a.m. in the morning parking spots. Combustion College

provided only to City of Kelowna and it is hard to believe, Combustion security, some down permits that there are parking spots. This is to make sure all permitted cars have a spot.

"People come in to complain to us that there is no parking available, but lot 11 has never been full," said Chris McQuibb, a security repre-

sentative at Combustion College. "We have a lot of parking spots, but it is hard to believe, Combustion security, some down permits that there are parking spots. This is to make sure all permitted cars have a spot."

Before construction started, Dorn campus had 3,700 parking spots. The permitted vehicles, this has been reduced by the construction on the new wing, but not significantly. Angela Fortin, a security repre-

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HIT THE ICE WITH FREE PUBLIC SKATING



Photo by Bradley Spin

Whether you're looking for an idea for a first date or just want to get outside, and enjoy the outdoors, Newcom Public Square, left, and Kelowna City Hall offer free public skating. Kelowna Public Square is open daily from 12 noon to 10 p.m. on Wednesdays, Thursdays, and Saturdays, 9 a.m. to 10 p.m. on Sundays, and Friday and Saturday, 9 a.m. to 10 p.m.

Now deep thoughts ... with Conestoga College

Random questions answered by resident students
If you could add or change anything
in the college, what would it be?



"A 34 foot bar for the students if they are stressed with exams."

Aaron McIlwain,
second-year
computer engineering
technology

"An indoor soccer field to play soccer in if you."

Brian Mark,
third-year
electrical engineering
technology



"Bigger hallways because it feels like it's walking in a high school."

Mike Kishchenko,
first-year
elementary education
technology

"An arcade because it would just be great."

Lawrence Molson,
first-year
elementary education
technology



"A swimming pool because it would be refreshing and a change from yoga and stretching."

Sarah Baugers,
third-year
graphic design

"Facilities and conveniences in the hallways like they have in airports."

Paul Poppebrink,
first-year
business administration



As an avid equine and equestrian enthusiast, I find it extremely surprising that many people argue that equestrian sport isn't a sport at all. I beg to differ. Equestrian is one of the toughest athletes out there.

There are many different equine sports including jumping, cross-country, endurance, dressage, polo, barrel racing, polo breeding, roping, western pleasure, and English pleasure, dressage, cutting, etc.

English country cross-country, we have to work with a 1,600-pound (450 kilogram) animal who generally doesn't want to work with us. And all we have to protect us when we fall from over a meter and a half in the air going across a jump and flying over great logs in a field. One could back from an equestrian horse and land in a broken spine and one had fell going over a



Seth Bates
Opinion

cross-country jump can result in a snapped neck or back. That's not to mention the danger of just handling a horse. They're flight animals and anything can send them into a frenzy resulting in people being dragged or trampled.

So let's live being worried about the danger of this sport, but when about the actual work that goes into performing? Shows upon shows are spent to simply teach a horse to move sideways. I personally have taught all steel from the coldest equine involved with making my equine partner do what I want. All equestrian athletes

work out. They all have a strict regimen when it comes to conditioning that is top of just working themselves they also need to be sure their horse is in top performance condition as well. Top performers spend more time in the barn than they do sleep.

Many people think you can play on a horse and it does as you want. I laugh at these people. It takes guts and strength to be a rider and a very good sense of balance when it comes to being thrown off one's pile of mud. We might have to be in the numbers world, we often don't have our members to count on when things go wrong and we spend years practicing our training just for 10 minutes in the spotlight.

I'm not saying that a sports or equestrian rider is better than a professional, but I am saying that we should get closer the respect we deserve.

Get fresh at the farmer's market

By MICHAEL SPRADLIN

Greeds and linings are the main focus of stress for a shopper. However, at the Kitchener Market the best and freshest food items are sold.

Located in downtown Kitchener on 350 King St. E., this place has a typical market atmosphere, which can be a bore. Two levels and a lot of variety certainly draw in crowds and different vendors. Local hotspots, because of their location, have more come down to offer their best products for great prices, as well. It is quite literally, one-stop shopping. Not only can you get your groceries such as bread, cheese and eggs, you can find more sophisticated items as well.

A vendor for hot weather? You bet it's here. One can even pick up a gorgeous bouquet of flowers.

Since the market is also open during holidays and special vendors offer dishes

such as delicious hummus and late gourmet. A German bakery is just around the corner that has bread and desserts.

Once the upper level, which holds mostly takeout vendors, is reached. Serving just about every thing from Caribbean to one to Mexican meals, one

can

A vendor for hot weather?

You bet it's here.

or

can definitely feel up while picking up the week's groceries.

One of the best things about the market has to be the prices. Certainly, compared to a local grocery store, it is even cheaper. And the products are fresher than two. Who could complain with prices such as \$1 for three ball peppers? Or chicken for under \$4? This absolutely got your money's

worth here. What better of these cashes though is the people who sell. Everyone in the market is super friendly, courteous and attentive. Everyone is served with a warm smile.

Local farmers have come right to market. And, as delicious their food is, but they remain humble and kind. And to make the mood even lighter, vendors are around almost every corner. A gentle guitar sound is better than any generic pop song over a loud speaker.

Some may also find it their local grocery stores, but nothing gets more local than the market. Here's the market to keep you from missing out.

The Kitchener Market is all inclusive. The market hours are Tuesday to Friday 9 a.m. to 5 p.m. and Saturday 9 a.m. to 5 p.m. For the Merchandise Vendors area The Farmers Market is open from 7 a.m. to 5 p.m. on Saturdays.

LAST BUT NOT LEAST



You can eat healthy at Conestoga cafeterias

New 'under 3 program' offers food under \$3 and 300 calories

By PAUL KENNEDY

With early class times and busy schedules, many students take advantage of the food choices offered at Conestoga's three cafeteria outlets of bringing a lunch from home. This is a quick convenience source for students and although there are many popular fast food options, there are also many healthy options that can easily be evaluated.

Most students get little thought into the food they will be consuming during the course of the day. Questions about the nutrition value or where the food they are purchasing comes from are not likely to lead across one's desktop and across beds. But fortunately, the company behind the food supplied at Conestoga makes providing healthy choices in the cafeteria and staff members a main priority.

Charwell is the company that provides dining for more than 400 schools across Canada, including our very own Conestoga College. It is committed to offering healthy choices as a matter of principle and as a result, at Conestoga specifically, there is a new 'under 3 program' which offers food choices that are under \$3 and under 300 calories. These include items such as sandwiches, salads and fruit bowls.

The Balanced Choice

Program may not be new, but it conveniently has new recipes incorporated into the menu each month.

"We are really trying to promote it because it's a simple way for students to be able to see a Balanced Choice either on our On The Go website or menu board, and know they're getting a wholesome meal," said Karen Hyman, assistant manager and dietary technician at Conestoga's Cafeteria.

The Balanced Choice program was started three years ago, and was designed to offer healthy food options as well as education about nutrition value. Food items that have the Balanced Program logo are prepared by healthy methods that maintain the food's nutrient content, use the lowest fat options and contain little or no added salt.

Whitman said, "As students, I would encourage you to take advantage of these healthy options over the greasy fast food that is available."

"My favorite choice is a turkey sandwich on a sprouted bun," Whitman said. "I encourage you to make healthy choices before I have sleep about because I know I'll be able to eat energy. These sandwiches or choices will supply me with that energy without the crash that comes with junk food."

Of course, popular food items are great and inspire us



Students are eating quickly.

Systems at Conestoga College line up at Sandwich Central in the school's main cafeteria. It offers healthy choices for sandwiches and wraps, including low-fat sauces and fresh vegetable toppings.

also available, but as healthy choices such as turkey sandwiches or salad, items that could replace the traditional choice of french fries or onion rings.

There is more to what goes on behind the food than ingredients and how it is prepared, knowing where the food comes from and how it was produced is also important. Charwell is a socially and environmentally conscious company that uses sustainable practices. This includes recycling cooking oil, reusing food waste and the use of recycled paper plates instead of those plates. Paper take-out containers will also soon be replaced.

Most of the produce and all meat products are purchased locally in Ontario. This means your purchase helps support Ontario farmers and the Ontario economy.

"The benefits of eating healthy

preferred foods are reducing our carbon footprint, less time between what food is picked to being on your plate, and a fresher taste," Dixon said.

When you purchase from the cafeteria, not only are you supporting local farmers, you are also supporting the Fair Trade movement.

"Fair Trade was developed to help the producers of products have a better balance of power in trading and gives them the opportunity to improve their lives and decrease poverty," Dixon said. "It is a powerful way to send the message that we care and we want to make a difference. It's a more decent wage, proper housing and better benefits for the workers."

Charwell does not operate a supplier that doesn't treat their employees well and have ethical business practices. So when you buy from

Cafeteria F.Y.I.

■ Casseroles / Salads are now being offered every day in the Cafeteria.

■ Cabbage Slacks now has a full menu option to pay when you order.

■ Fast portions are available in Sandwich Central and self-serve counters.

■ The Cafeteria is open until 3 p.m. Monday to Thursday for those staying late.

■ A declining balance gift card is available as an alternative to carrying around cash.

the cafeteria you know you are getting your food from a good source.

"I like knowing that when I buy a product, I'm not supporting a company that takes advantage of its workers that doesn't pay what I might have needed that day," Whitman said.

For more information about Conestoga's dining options or to see a monthly menu and a nutrition journal, visit www.conestoga.ca/food/healthy_choices

ACET networking show comes to Conestoga

By JESSICA LYN TOLAN

"When I look at the faces in this room, I see talent," said Jim McGuire, a Conestoga building code teacher in the architecture and construction department. Standing in the blue room before him were third-year students who had dedicated months of hard work and time toward this day: the architecture and engineering networking show.

On Jan. 30, students showed off their final semester projects at a residential building model the industry representatives in on. Not only were they showcasing their models, they were showcasing themselves. That was their opportunity to get their name and face before industry professionals — and to finally have their dedication pay off.

Representatives walked around the room to discuss their work and meet students



Students are showing their models.

third-year students, from left, Devin Jilke, Ben D'Meloy, Dejan Vukobratovic and Justin Champagne, show off their final semester projects of architectural design choice for most professional model at the architecture and engineering networking show.

who could be potential employers.

"Most of our future employees come from Conestoga College," said Steve Masley, vice-president of

General's largest open shop general contractor, Midland Heavy Construction.

Toward the end of the show, the representatives submitted ballots, voting for

the group they thought deserved the industry representative's choice award for their most professional showcase.

Representatives observed how the students

showed the building's face time, how and visual appeal within their models.

Third-year students, Ben D'Meloy, Justin Silver, Dejan Vukobratovic and Justin Champagne were the winners of the award.

"We put in hours and now it's all starting to pay off," said D'Meloy.

First and second year students were also encouraged to introduce themselves to the representatives and define themselves as professional students with a drive to be apart of the field.

"Honestly everyone will come day hand in a person," said architecture architecture and engineering students, Corey Lewis. "It is in order to get it, so you need to put your name and face out there. The representatives want to see the training involved, but also the drive that we have to become their future employees."

Fun ways to stay healthy and fit

By GARY PEARSON

It's often difficult for students to stick to workout routines and healthy eating habits. However, there are many little things that can be done that not benefit your body and many of these things can be a lot of fun.

An easy way to begin the day with a healthy routine is to take a multivitamin. Many people, especially students who have erratic schedules, do not get all the vitamins and nutrients their bodies need. Taking a good multivitamin everyday is a great way to fuel your body with some of these nutrients it may be lacking. Having a naturopathic doctor in an established way of finding out what specific things your body needs as they have an initial health exam, suggest a meal where they study a person's eating habits and daily routine. They then prescribe the supplement



Students at the Conestoga Centre for the Arts.

There are many different vitamins and multivitamins that can be used to support a healthy body.

exercising it and will give you ideas on how to change your daily routine for the better.

One trend that students often fall into is drinking way too many sugary drinks. This could spend from many things including the intense sugar craving, or the fact that pop, chemicals and other sugary items are the only types of beverages available just by cutting out these

sugar filled drinks and replacing them with water, you will feel more energetic, focused and will definitely notice the difference along your journey.

The recreation centre at Conestoga is a great gym with many different games of equipment to be used to further your various muscle groups. It's available for students to use between the hours of 7

a.m. and 11 p.m. during the school week.

The hours tend to be straightforward and twelve students in about three days a week. It's best to be working 10 minutes a day, and third year and engineering students and frequent gym-goer Matt Pustar. "This will keep your energy levels at their highest and your metabolism will be elevated all the time as you will be happier."

In addition to the gym, the recreation centre offers a number of fun fitness classes including Pilates, kickboxing and also places MMA training for beginners and

more. Conestoga's website offers further information about the scheduled classes.

Yoga and Pilates are great things to do in a daily basis," said yoga instructor Shari Lawrence. "Not only is it relaxing, but you build muscle tone and gain flexibility while also clearing your mind."

Another simple thing that can be done is to add a daily walk or run to your routine. Walking is a great way to exercise and running burns off even more calories.

Living a healthy lifestyle can start with only a few simple changes.

Attention all Conestoga snow lovers!

By GABRIEL DOLA

A fresh layer of snow covers the hallway, in the first run of the day.

If that sounds like paradise, it might be time to check out the Conestoga Snow Club.

The organization started this winter with two members and now has members meet like much all people who have a passion for snow sports and to have fun.

Kristina Hutchinson, president of the club, and she was excited to get the group up and running. "There is a lot of interest for snow sports on campus. At the Conestoga Snow Club in the fall about we had over 70 people join our team."

Hutchinson found at the Conestoga Snow Club that there was an active interest in snowboarding, skiing, cross-country and other winter sports on campus, but not always the opportunity for these snow fans to get out on the slopes. She decided that a snow club would work to get those people out on the hills so often on postcards. "We can already see that it has a lot of potential. The hours of the club are endless, whether it be riding up and down or simply going to the hills or simply going to the hills for a fun snow day."

The Snow Club members in all ability levels from never having learned equipment before to advanced enthusiasts. "We had a snow fan come out for her first time. She took a group lesson and did very well through the day."

On Jan. 24, the club had its first meeting to kick off the season, and it was a great success, according to Hutchinson. The conditions were just, and everyone enjoyed themselves. She hopes to see the next meeting go so well.

Gabriel Pearson, vice-president of the Snow Club, is also excited about the new group. "The snow members we get, the better the club and trips will be, so we need students to join."

Currently, there are planned evening trips to Georgian College, Glen Eden in Milton, Ont., and Blue Mountain for the month of February.

Hutchinson urges people to come out to the Snow Club's meeting on Feb. 14 at noon on the Recreation. There is a \$10 fee for the club, but the snowboarding and you receive a snowboard, ski tips and get member ship deals at the Mountain snowboard shop in Kitchener.

"I wanted to find a way to incorporate what I love, snowboarding, into my school," said Pearson.

Hutchinson said it's important for students to get involved on campus as a way to enjoy campus life on and off the hill. It's a great way to meet new people that share the same passion and also a great way to learn a thing or two from the snow.

For more information, email conestoga@snowclub.ca or visit the club's website. Please email from your personal account.



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New credit transfer system will be in place for September

'We want to ... extend pathways for students,' Charlebois

BY ELIZABETH WYMER

Starting in September, a new credit transfer system will be implemented across Ontario, saving college and university students a lot of time, trouble and money.

"The credit transfer system will reduce the need for students to repeat similar courses or years at different institutions and will be streamlined by a new Credit Transfer Innovation Fund to help colleges and universities develop more credit transfer options for students."

The government is providing \$20.7 million over five years to support these development.

According to Elizabeth Wymer, Minister of Higher Education and Skills Training, Ontario provides a highly skilled, flexible workforce that is able to adapt rapidly to changing

workforce needs, an increasing number of post-secondary students in Ontario are transferring from colleges to universities in two years.

"A study done by Carleton University revealed that nearly 50 per cent of students do not finish their post-secondary education at the institution where they started," she said, adding that students are now recognizing that perhaps a combination of both college and university education may prove to be more beneficial in the long run.

According to Elyse Charlebois, spokesperson to Katherine Corbin MPP and Minister of Training, Colleges and Universities John Miller, "Ontario needs a highly skilled, flexible workforce that is able to adapt rapidly to changing

employment conditions, and to compete in the international economy."

Wymer said after years of operating under what has sometimes been referred to as the "old mode" of education – an education model which has been known to prevent a lot of trouble and students from taking even of some of the more effective teaching methods used outside their institutions – Ontario's colleges and universities will finally open

new the changes the government has recently decided to implement. The changes come after seven years of requests made by organizations such as Colleges Ontario, the Council of Ontario Universities and the Higher Education Quality Council of Ontario.

"Things have changed,"

said Wymer, "and our society and economy is now internationalized and requires a great deal of cooperation and co-education."

Charlebois said the new credit transfer system will address two main concerns from students that they don't know where their options are or where they can go for help, and that their existing education agreements aren't enough in Ontario's rapidly expanding and evolving post-secondary system.

"Although there are about 500 individual credit transfer agreements in place now – these tend to be very local and specific, as in what we're strengthening the system and expand pathways for students," he said. "A province-wide credit transfer system will reduce costs for students and

increase opportunities for students to transfer between institutions and programs."

Charlebois added that the majority of the long-term economic and financial benefits of the upcoming credit transfer system will accrue directly to individuals and provide economic growth. He said students will be able to make the most of their time and save money by doing so, their families and their employers.

In addition, Wymer believes everyone will benefit from this new credit transfer system.

"Great programs, transfer agreements and greater cross-institutional working between the two systems builds and use very well serve to make higher education more accessible to Ontario's needs," she said.

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Lovely V-day suggestions

By AMANDA BARNES

Valentine's Day can be a stressful time of year. Planning the perfect event for that special someone can be quite worrisome. A romantic dinner, however, is always a great choice.

The Adriatic Laine Saloon offers dinner and dancing on Feb. 12 at the Muskoka Market Restaurant. An evening of fun and music, with an all-you-eat-out buffet, attracts romantic couples.

There is always a twist, however, and this romantic dinner is no different.

A grisly murder has taken place, and it is up to the guests to solve the homicide.

"I never knew what to do for Valentine's Day," said Kankainen resident David

Anders. "Winning something played for me is a real hit over."

Tickets are available at www.kankainenrestaurant.com for mystery dinner and chance for \$16.99 including taxes, and the dinner opens at 5:30 Thursday evening.

Fun for the kids

Feeling a little on Valentine's Day can be a nightmare. Everyone you rely on has plans, with their sweethearts, and babysitting with one of them.

Hosting a Valentine's evening alone is a daunting task, parents only dream of the day their sweet-heart lost.

Stacy mother of three Devin Corbin misses the

spontaneous

"Living out with the girls, just relaxing on my own, a just doesn't happen anymore," said Corbin.

"I would love a chance to let the kids go for the evening so I can just relax."

Kankainen Tavern offers just that opportunity.

On Feb. 12, parents are invited to drop off their children, ages four to 12, for an evening of fun and games, for only \$12.99 per child, before taxes.

Children can be dropped off as early as 4 p.m. and can be picked up as late as midnight, allowing mom and dad a chance to relax and celebrate the romantic holiday.

"It's almost like a dream come true," said Corbin. "I can't wait to curl up with a glass of wine and a good book."

Carnival benefits Big Brothers/Sisters

By AMANDA BARNES

Students from Comestige's recreation and leisure course as projects will be teaming up with Student Life to put their fundraising skills to the test.

The fundraising event, which is called Cultural Carnival will feature games and activities with a cultural aspect with proceeds going to Big Brothers and Big Sisters of Waterloo Region.

The event takes place tomorrow and will run from 11 a.m. to 1 p.m. on the street.

"The event allows our class to implement the skills we have learned and at the same time, help out a great cause. It's a win-win," said the fundraiser organizers and

students and faculty with David Colbourne, teacher.

One of the courses students of that program take is called event and promotion, which teaches the students various aspects of fundraising. The biggest project of the term is Cultural Carnival.

Some of the activities and games are a soccer tournament, jelly bean count and a silent auction.

There is no cost to attend, where it comes to proceeds no reporting will be required.

"Our class is excited to fundraise for Big Brothers and Big Sisters. We are relying on support from our community, students and faculty to make a difference," said teacher.

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HOROSCOPE

Week of February 7, 2014

Aries

March 21 - April 19

You will find time as an itch to get up, at least for a week. After that, you'll find everything in Vegas.

Libra

September 21 - October 23

Try to maintain people around you to do you by change this week. It'll save you from the embarrassment of leaving your fly down all week long.

Taurus

April 20 - May 20

Your phone will ring more weekly with people who are not of your love. These others are a pain. The longer they are in that you actually do - you had better let them out.

Gemini

May 21 - June 21

This week, you'll make the world's longest chain of paper clips, but your feelings will be to the human condition will go really uncomfortable.

Cancer

June 22 - July 22

This week you will get into a street fight with a man dressed as a real military soldier and a cop. When you win, your life will be over.

Leo

July 23 - August 22

Your lifetime collection of parties will come in handy this week when you are attacked by someone whose only weakness is sugar in another form.

Virgo

August 23 - September 22

Your headache will turn out to actually be the fault of an alien implant placed during your abduction experience years ago. No one will care, including, sorry!

Scorpio

October 23 - November 21

You will take out a billion-dollar plan to kill the American empire. Your first client will ask you to find the Anti-Maguffin.

Sagittarius

November 22 - December 21

Remember when you spent your vacation in Thailand? Start deleting the photos you took. People are looking for you.

Capricorn

December 22 - January 19

This week you will walk into work carrying a man who would lose this to you, only you'll remember that you married the man because of him.

Aquarius

January 20 - February 18

This second this week to appreciate the fact that you aren't being misled by boys. The rest of life will come so much better after.

Pisces

February 19 - March 20

Your confidence will come in handy when it comes to getting in bed with a partner in bed with a tank out of two rolls of wire and a pack of bubble gum.

Paul Irvine carefully examines the stars and then ignores them for your amusement.

Cut a rug with dance

By SARAHAN HARRISON

Run your heart and Dance Dance Revolution. There's a new dance game in town. Dance Central is an active dance game that uses your whole body. It was released with the Kinect system for the Xbox in November.

The Kinect is the next generation of gaming, using motion in lieu of a button-activated remote that allows your body to be the controller.

Dance Central gets players performing every dance move, tracking the movements of each body part to determine a score. Unlike Dance Dance Revolution, Dance Central makes you feel

like you're actually dancing, and could even teach you a few moves to take to the club.

With a good mix of popular songs and characters to play with, Dance Central is suitable for everyone from your mother to your brother. That is, if you can convince him you're allowed to play dance games. Dance Central makes it a fun game to play with friends, and a chance that replaces your favorite movie as a good for a laugh.

I was disappointed that Dance Central didn't come up with a way for you to make your own characters, like you would in Rock Band, but you can choose one of the obvious characters they provide and make it your own. It's a good start.

The game has a lot of choreography made just for it, but some of the songs are choreographed. Dance the music video, making you feel like you really are the star.

A fitness section tracks how many calories you've burned while you're having a move. Just make without a calorie count. Dance Central provides a great, and fun, dance workout.

The Xbox Kinect has the potential to come out with a lot of great games, and Dance Central was the perfect choice to be one of the first.

If you're a new fan of 10 and slightly bored for a repeat with more things and dance than appear to everyone.

Come into Harmony

By SARAHAN HARRISON

Tucked away in uptown Waterloo, Harmony Launch is a small diner that has survived the Great Depression, a few and the subject of last food. The restaurant turns 60 this year, an amazing feat considering how many today are likely to make it to five. The little restaurant that could still stands as a testament to home cooking and a friendly atmosphere.

The diner is located on 98 King St. N. The food is nothing less than superb. Whether you fancy a bowl of chili and a couple pieces of home-baked, a hot bowl of comfort food in a piece of bread, and a side of chips, there is something for all palates. Daily specials keep things fresh and the menu is affordable.

Service is friendly and fast. The staff treats its customers like close friends and the atmosphere is warm and very much of grandma's kitchen. The place, though alive, has a quiet, cozy feel and serves as an escape from the hectic outside world. According to the bar tender, Harry Blake on the diner's website, the restaurant remains unchanged despite a changing world and a growing food industry.

"The more businesses close, they build the better I get," he once said. "That's the truth. I'm not lying." If nothing else, go for a slice of home-baked pie. The delicious desserts are made daily. Don't feel too bad for making "You've got to live by it in live by it" blocks used to say.

Career Events this week

Wednesday, February 6
Employer Showcase - Service Canada
10 a.m. - 3 p.m.
Don't forget, bring your ID
Registration is not required.
Don't miss the Student Ambassador from Service Canada.

Upcoming Clinics

Visit the MyCareer Event Calendar for the latest event upcoming clinics or preparation for the March 5th Clinician Job Fair.



Log in to MyCareer to register for resume workshops, events and more.
(From the Student Portal, click on the "Services" tab)

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Reality check for reality TV

When I was 16, I enjoyed the simple things. Being my father to the store with me, being there for a Popcorn in the summer heat, always, board games and cell phones. My friends and I were just some of the things I enjoyed most.

But now, more than ever, 16-year-olds are ditching the simple things to make their own future. And people are leaving MTV.

The statistics show 16 and 17-year-olds are ditching 2.5 million viewers and production are now counting the



Jessica Lynn Tobak
Opinion

new cast members for season two.

In an article in the online magazine, The Week, it was reported that girls are purposely getting pregnant to have the chance of auditioning for the show.

MTV's reasons of using 16

and 17-year-olds was to show the cold reality of teen pregnancy. They wanted other teenagers to know about the hardships that girls face day to day with kids using their social life, school, work and the hardest job of all — motherhood.

But it all backfired.

Teen moms from the first season are being plagiarized. I have seen them in the same girls on magazines such as the "Weekly" and "People" looking gorgeous and holding the most adorable babies. But what message

does that send?

First of all, I think it's wrong to put the blame on MTV because they had good intentions.

There is nothing they can do about the way people think or the way a girl looks at a celebrity as a magazine cover. The problem is and viewing audience are to blame.

When I watched this show, my biggest thought was "Should I do that next one?" Even my point of view, MTV accomplished what they wanted. I couldn't imagine

my life if I were to have a child on the world.

I've developed the highest respect for the teen mothers that have taken care of their child with unconditional love.

But to the girls who are having their baby for the sole purpose of being on the show is not necessarily done correctly.

1. You need to certainly be educated.

2. You better have a good family support.

3. Your parents should protect you from viewing the TV for while.

celebrating cultural DiVersity Week

FEBRUARY 7-11 AT DOON CAMPUS

ALL WEEK ON CAMPUS

- Visit the campus service center for ideas on how you can celebrate cultural diversity!
- International Education Office
- Learning Resources Centre
- Career & College Services
- Student Life
- Student Union
- Student Life

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- Learning Resources Centre
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WHAT'S HAPPENING IN THE STUDENT LIFE CENTRE

MONDAY

Honoring Veterans! 11am - 1pm
 • Hosted by the South Asian Students Association

Cultural Displays! 3pm - 5pm
 • Hosted by the English Language Studies Program

TUESDAY

Cultural Carnival Fundraiser! 11am - 3pm
 • Supporting Big Brothers/Big Sisters of Waterloo Region, check out the Bazaar and feature service programs' fundraise, featuring diverse games and activities

Honoring Veterans! 11am - 1pm
 • Hosted by the South Asian Students Association

Cultural Displays! 3pm - 5pm
 • Hosted by the English Language Studies Program

WEDNESDAY

Cultural Displays! 11am - 12pm
 • Hosted by the English Language Studies Program

Multicultural Fashion Show 12pm 5pm - 1pm
 • Performances in the Auditorium

• Hosted by Student Life, C&C/SAAS, Teams, African Students Association & South Asian Students Association.

THURSDAY

Cultural Displays! 10am - 11am
 • Hosted by the English Language Studies Program

FRIDAY

Multicultural Sandwich Board Displays! 11am - 1pm
 • Hosted by the Human Services Foundation Program

Agent of World Cultural Displays! 3pm - 5pm
 • Hosted by the Liberal Studies "Multiculturalism" Course

Worked in partnership with
OFFICE OF STUDENT LIFE



PHOTO BY LISA BROWN

Shelly Holmes, executive director of the House of Friendship, raised money and potatoes for people in need at the Waterloo Auction on Jan. 29.

A spud-raiser for those in need

By LISA BROWN

The 14th annual Friendly Potato (Pot) is underway as most raising money and potatoes for people in need at the House of Friendship.

The weekly long fundraiser was launched on Jan. 29 at the Kitchener Auditorium with volunteers collecting potatoes and cash donations before the Kitchener Rangers hockey game.

Supporting over 42,000 people annually in different programs, the House of Friendship will deliver the potatoes and serve the potatoes to those in need, through emergency food hampers and hot meals.

"The idea behind it is to meet with having fun with it, but it's to bring attention to the food insecurity in our community," said Shelly Holmes, executive director of the organization.

"It's such a worthwhile organization," said Shelly Holmes, a long-time volunteer with the organization. She

said that February's potato donations are good by May. The money raised during the event goes to covering the cost of purchasing more from a local farmer.

Including financial donations, the fundraiser raised the equivalent of 133,000 kiloprices (\$35,000 pounds) of potatoes in 2003.

"It's just an overwhelming with the community response to us," Holmes said.

And they're helping that this year they can do more by encouraging local groups, schools and businesses to host events of their own.

On Saturday Feb. 12, volunteers from local churches will be stationed at supermarkets around the region looking for potatoes. There is a community potato lunch on Feb. 13 at St. Andrew's Presbyterian Church in Kitchener from 12 to 1 p.m. or 10 to 11 a.m. on the day of the drop-off at the House of Friendship, 51 Charles St. E., Kitchener.

For more information visit www.houseoffriendship.org

Conestoga's resident advisers host root beer pong for students

By **SHARON DELANEY**

Although classes were out and kids had been put away for the day, students in Conestoga residence had a little more on their minds than an evening snack.

On Wednesday night on Jan. 26th at 7 p.m., Conestoga's resident advisers hosted root beer pong for students in the lobby. All campus-wide games Conestoga's Fallouts. The intent of their

choice

Two people from each group stepped forward to play their best against their opponents. With pong being held in hand, students and RA's learned the rules on a table attempting to get their into a cup.

Those who didn't participate in the game, had been alerted on the teams. Everyone seemed to be in spirit of the game, sharing tips on how to improve their

game. At the end of each match, players of each team shook hands to congratulate each other.

"We were determined to win and had lots of fun playing against the other team," said winning team member Peter Lynn, a first year music working and technology assistant

team student. "I felt the pressure and the anxiety to win the game," added fellow student Mark Wilkey,



PHOTOS BY SHARON DELANEY

On Jan. 26, Core Conestoga, a neuroscience nursing student, Mark Wilkey, a first-year musicworking and technology student, Lynn Delaney, a second-year business marketing student, and Peter Lynn, a biology and health student, participated in a game of root beer pong at residence.



COUNSELLOR'S CORNER Eating Disorders

Did you know that one out of every hundred women might become anorexic? Estimates of the frequency of bulimia vary from five to twenty out of one hundred college-age women. Men can also develop eating disorders.

Anorexia nervosa is characterized by an all-consuming fear of "gaining fat." There is an intense preoccupation with food, body size and consumes compulsive exercising. Bulimia can gradually lead to a loss averaging 25% of original weight. Serious health issues such as cardiac irregularities, malnutrition and lowered bone density. Some starve themselves to death.



Bulimia is a cycle of uncontrolled binge eating and purging, through vomiting or the use of laxatives. This a chronic debilitating pattern that, in more extreme cases, affects nearly all of a person's hair, energy and mood, and lead to depression and isolation. Frequent vomiting can cause damage to the teeth, throat and esophagus. Bulimia and anorexia problems are a danger.

An important first step in overcoming an Eating Disorder is for the individual to acknowledge that a problem exists. Medical and psychological help is available in the community. Talk to a counsellor at Counselling Services on the main in the Health Services Office. One immediate benefit is the feeling of relief at no longer having to keep such an important part of one's life a secret.

Conestoga is a place where we feel accepted.

We are glad to be part of a community that respects everyone's differences.

Thank You for Being the Difference



EATING DISORDERS AWARENESS WEEK – February 6-12, 2011

Counselling Services is organizing a display table at Dine IN Monday to Thursday

Celebrating our Natural Beauty

A Message from Counselling Services 01/01/2011



WHAT'S THE REAL COST OF CONTRABAND? QUEL EST LE COÛT RÉEL DE LA CONTREBANDE?

Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

contrabandconsequences.gc.ca

L'achat de cigarettes de contrebande coûte plus cher qu'on le pense : il alimente d'autres activités criminelles comme le trafic d'armes et de drogues. Les individus pris en possession de cigarettes de contrebande s'exposent à de graves conséquences, allant de l'amende jusqu'à l'emprisonnement.

consequencesde lacontrebande.gc.ca



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It's a 'Superbowlitis' pandemic

Millions of employees call in sick on the Monday

By STEVE HUBER

The Super Bowl has been completed, but there's a good chance that if you were one of the more 100 million expected viewers, you're still dealing with the tough flu. The players will have bumps and bruises from the physical play on the field, but what about the rest of us who know how to sit and shove "Super Sunday" appreciatively? Taking a hit from Green Bay Packers' Clay Matthews is one thing, but a full day of inordinate amounts of food, drinking and parties is another? That takes a toll.

on somebody.

And it has. SuperBowlitis afflicts not only millions of workers every year. Students are working feverishly to find a cure on the Super Bowl arena to receive a 24-hour sickness that keeps them from being able to attend work the day after the big game. Employees are left with empty offices and studies have shown the brain made who manage to avoid the disease go half as productive as on regular work days.

But what can be done to stop but this virus growing epidemic?

The solution seems pretty obvious: make the Monday following the game a holiday and allow people the 10-hour rest day it takes to recover from their Super Bowl festivities. Employees could last longer depending on region. While this answer would appear ideal on the surface, the loss of the money as they there are already time taken holidays in Detroit, more than enough. That being said, I've shared out a way that we could have our cake and eat it too.

Feb. 18, 2008 was the date of the first Family Day, the lesser child of Ontario

Premier Dalton McGuinty. If you're anything like me, you're still pondering the actual relevance of Family Day. Do we really need to be assigned a specific day to spend time with those close to us? Probably, but that's what Thanksgiving and Christmas are for.

Family Day has been outlawed on the third Monday of February since its inception, and therefore lost the money. Instead of having to call in sick to work, why not simply have Family Day the day after the Super Bowl and have the holiday when

people would actually appreciate it? Not only would this solve the problem of companies having an employee show up missing the day would increase the chance of families spending the day together (highlight on some severe migraines to those suffering from SuperBowlitis).

We will probably never find a cure for SuperBowlitis, so we might as well do what we can to minimize it.

Please, Mr. McGuinty, change Family Day to when it should be, Super Bowl Monday.

Rocky wins by first round knockout!

By MARCO MONTANO

We all go to the theatre and watch movies - whether you're not too it, then, having a favourite with a leading actor want to see that once again. Unfortunately every movie have every about.

Some of us prefer movies that are beyond stupid like Superhero, action packed dramas that have us on the edge of our seat or maybe even think that will make us feel a little better about it. I think we all needed a movie after watching A Walk to Remember with Mandy Moore.

Sure, I'd say every movie out there. But nothing, and I mean nothing, compares to a good sports movie. Now, I could go on about a lot of my top 25 sports movies which would include Rocky Glavens, Remember the Name Sports film, The Mighty Ducks and, of course, Martin Scorsese's phenomenal tale Rocky Bull. Fortunate returns Robert De Niro himself. I have a list of about 60 but the fact is no movie or trilogy has ever come close to Rocky.

I remember as Grade 10 my film studies teacher ripped up Rocky I was given off. Is that still seriously going to do. Heywater Stadium and his masterpiece!

Let me put this in perspective for you. I like Rocky more than a running horse race. I love Rocky more than I love Justin Bieber or that stupid dance-off's name called Twinkle.

Now look to a classic trilogy that started in 1976. The sim-

ple story plot is about a small time boxer living in a tenement Philadelphia apartment trying to earn respect and his money.

Rocky had everything. It was funny, touching and not overly dramatic. Rocky, of course, the one who was more to Rocky III when he was training with the dog Balboa on his playing in the background. After Rocky runs up the mountain he yells out "Dwagwan!" It was a classic, not to mention something, mystery.

I praise the making of the film and the way he'll give quotes such as "You're gonna get lightning and crap down it."

The tone and atmosphere were perfect, and the sound-track is simply amazing. I enjoyed the setting and the plot and I loved the fact that the action didn't seem forced or glamorous. Nowadays, I think it's a lost art. What an example! My little cousin in The Last Thing I Remember, please stick with Rocky Mountain. I know that when I'm 60 years old, I'm going to look back on the trilogy and wish it with my grandchildren. And if they don't listen, I'm going to make them spend the hour like Rocky did in Apollo Creed, because this is a classic. This is what movie making is all about.

So, if my favourite movie is going to be to see in the ring for the heavyweight movie with someone like Mike Tyson, then the one with those like Rocky, I'd have in my Rocky wins by a bloody first round knockout.



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